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THURSDAY, MARCH 27, 2014

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IMPORT NEWS

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■ NEW EXHIBIT: From the Home Front to the Front Line

Museum honouring First World War

MELISSA MANGELSEN
InPort News Staff

Port Colborne Historical and Marine Museum will be honouring the men and women of the First World War with an exhibit called From the Home Front to the Front Line, which will open in May.

The museum is looking for residents that had family or friends who served in the First World War to come forward with related stories, information, artifacts and photographs.

"We are also gathering information about how the war affected life in this area — not just for those

who served, but also stories relating to life on the home front, either for those family members whose life continued at home, or those who were conscientious objectors," said assistant curator Michelle Mason.

See MUSEUM on Page 2

SUPPLIED PHOTO

Port Colborne Historical and Marine Museum will hold an exhibit starting May 1 to honour the men and women of the First World War. This helmet is on loan to the museum. The helmet was used by a local man during the First World War.



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LOCAL NEWS

MUSEUM



This medal from the First World War is just one of many artifacts that will be on display from May to December at Port Colborne Historical and Marine Museum.

SUPPLIED PHOTO

Planned tour includes visit to NOTL

From Page 1

The exhibit will mark the 100th anniversary of the start of the war in which more than nine million combatants were killed. The First World War was one of the deadliest conflicts in history.

"This was a major event that changed the world forever. It affected Canada, and Port Colborne. We wanted to honour those who gave their lives and the ones who made it home from the war," said Mason.

The exhibit will feature helmets, canteens, badges, documents and uniforms and whatever else comes forward from local residents.

The exhibit will also honour Russell Lambert Boyle,

who was born in Port Colborne in the late 1800s. He joined the 7th Battery, Canadian Field Artillery as a trumpeter at the age of 14 and later served as a sergeant in the South African War, where he took part in several actions including the relief of Mafeking, Rhodesia, Transvaal, and East and West Pretoria. He later moved to Alberta and joined the 10th Battalion Alberta Regiment.

While part of the Alberta regiment, he was sent to the Battle of Ypres, where he was shot five times in the groin by a machine gun and died at the age of 34.

The museum has photos of Boyle and a letter that was lent to it from a Calgary museum.

"It's a letter from the army to his mother explaining how he died," said Mason.

There will be a bus tour to Niagara-on-the-Lake May 9 to see the Niagara Historical Society and Museum exhibit *The Art of War*. It is a guided walking tour of historic Niagara-on-the-Lake, with lunch, a stop at a chocolate factory and also a tour of the Port Colborne museum's new exhibits.

The cost is \$65 for museum members and \$69 for others.

If you have any items to donate or loan, or want to contribute to the exhibit, contact Michelle Mason at 905-834-7604 or e-mail michelle-mason@portcolborne.ca.

melissa.mangelson@sunmedia.ca
Twitter: @sunmelissa



SUPPLIED PHOTO

Lt.-Cpl. Russell Boyle of Port Colborne will be honoured at an exhibit at Port Colborne Historical and Marine Museum from May 1 to December.



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LOCAL NEWS

■ CITIZENSHIP

New Canadians get warm welcome

ALLAN BENNER
InPort News Staff

"We have a place to call home, and it's Canada," said Stalina Exeme.

After seven years of living in Canada and years more spent living in different countries since leaving Haiti, the Port Erie resident and her family were among 34 new Canadians sworn in during a citizenship ceremony held at Roselawn Centre last Friday.

"I think it's an awesome thing because we have travelled everywhere," Exeme said after being sworn in, officially becoming a citizen of her family's adopted country. "We've been a lot of places and today is a very special day for us because we're happy."

Her family's joy was shared by people from 13 different countries who now live in communities throughout Niagara.

"I really love Canada," said Angelina Geronimo Ocampo, who left behind her home in the Philippines seven years ago.

"I love the people here and it's more secure," the Niagara Falls resident said. "It's very clean and very safe."

It took a few years to get used to Canada's winter weather, but Colombian mother Graciela Selsnyder said the cold weather is something she has been happy to get used to.

"I am a Canadian now," she said, adding she's become acclimatized.

"Personally, I have been the beneficiary of hardworking parents and grandparents who came to Canada in the early 1900s. My grandparents came to this country with little money in their pockets with big dreams for a better future for the children and grandchildren," Citizenship Judge Ted Salci told the gathering. "How pleased and proud they would be to see we made the most of the opportunities that were afforded to us here in Canada. Now, you too will be able to share that same opportunity with your children and grandchildren can become anything they wish to be as



ALLAN BENNER/INPORT NEWS STAFF

Stalina Exeme receives a Canadian flag from RCMP investigator Norman Habel at a citizenship ceremony, Friday in Port Colborne. She was one of 34 new Canadians sworn in during the event.

they avail themselves of the privileges and freedoms that we all share as Canadians." Salci urged the newcomers to "be proud of your new

country — it's a great country." "Many of you have travelled far to make a new home in Canada," he said. "Your deci-

sion meant adapting to a new culture, a new climate, and for many of you, a new language." Students from McKay, Steele St. and Port Colborne

High School, and the Niagara Home Educators' Association joined the 34 new Canadians for the ceremony, along with representatives of the RCMP,

the Canadian military, and local political leaders.

allan.benner@sunmedia.ca
Twitter: @abenner1

INPORT NEWS

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Tel: 905-732-2414 Fax: 905-732-3660
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John Tobon, Publisher, Print & Digital
Dan Dakin, Editor
Melissa Mangelsen, Reporter
melissa.mangelsen@sunmedia.ca

Afghanistan mission: Saluting the bravery of our soldiers

It's understandable that much discussion and debate will continue about Canada's mission in Afghanistan.

The 12-year campaign, which officially wrapped up last week, was Canada's largest military deployment since the Second World War.

Was it a success? Did we accomplish our goals? Will our development projects like building schools, health clinics and an irrigation system be sustained? Is Afghanistan on the path to stability? Was it worth it?

So many questions and, depending upon who is offering their views, a wide range of answers.

But as the last of Canada's troops arrived in Ottawa on Tuesday, one area we can all agree upon is saluting the bravery of our troops and recognizing the sacrifice of their families.

We remember the 158 soldiers who died during the mission and honour the thousands more who returned from the war-torn country, many with physical wounds and mental scars.

Four men with Niagara connections paid the

ultimate price:

— Cpl. Robert Mitchell, a member of the Royal Canadian Dragoons and a former Niagara Falls resident, was killed Oct. 3, 2006 in an attack just west of Kandahar City as he provided security for a construction project. He was 32.

— Royal Canadian Regiment Cpl. Albert Storm, of Fort Erie, was killed Nov. 27, 2006 by a suicide bomber attack near Kandahar. He was 36.

— Warrant Officer Dennis Brown, a reservist with the Lincoln and Welland Regiment in St.

Catharines, was killed March 3, 2009 when the armoured vehicle he was travelling in was struck by a roadside bomb northwest of Kandahar. He was 38.

— Royal Canadian Regiment Cpl. Tyler Crooks, of Port Colborne, died in an explosion March 20, 2009 during a morning foot patrol. He was 24.

They left behind devastated family and friends, and a mourning nation.

They are heroes and deserve our recognition. While questions remain about the

future of Afghanistan, uncertainty also surrounds the many Canadian soldiers who have returned home.

The government's ability to help military personnel with combat-related mental illness has come under scrutiny during the course of the Afghanistan mission. A continuing issue has been a shortage of mental-health professionals to provide support to soldiers.

And while the military ombudsman's office says Ottawa has made improvements and investments into the

services it offers, it is still falling short.

As well, Veterans Ombudsman Guy Parent issued a report last year showing that many veterans, especially those who were permanently disabled in combat, are not receiving adequate benefits from the government.

We ask a lot of our soldiers when we send them into dangerous places like Afghanistan.

We owe it to them to provide the best services possible in all aspects of their lives.

steven.galagher@sunmedia.ca
twitter: @SteveGMedia

JEVVA SAM
for InPort News

One morning as I was chauffeuring Her Royal Highness Sulojana, the queen of our casa to work, I turned left on to St. Catharines' Niagara St. from Carlton as we do most mornings. That's when my heart skipped a beat.

We were already running late. Now a traffic slowdown. Correction. A total stop. Period. No movement.

Of course, the brain immediately went to work and started replaying video clips from similar stoppages in the past — the accident that resulted

in freeway traffic being diverted onto this same Niagara St., malfunctioning traffic lights that instantly transformed the next intersection into a four-way stop — to name a couple.

The SUV in front of us made it impossible to see how many vehicles were ahead of our now seemingly low-to-the-ground sedan. If traffic was backed up all the way to the lights, that could be as many as 15. At the conservative rate of 22.4 seconds delay per vehicle waiting for others at the newly-created four-way stop, that could add a whopping 5.5 minutes to our trip. At this rate, she will be 12 minutes late — perish the

thought.

Even if it were only increased traffic from the freeway, we could still be waiting for two light changes or 3.6 minutes. That still translates to a 11-minutes-late entrance. Egad!

And then the unthinkable happened. We started moving. Nigh the speed limit. We hadn't even prayed for a miracle and the stoppage was gone, just like that. Wow!

Turns out that one of the cars ahead of us wanted to turn left onto a side street. There was a steady stream of vehicles coming the opposite way. All must have been in an awful hurry, because no one wanted to slow down and

let this poor soul make her turn, until, finally, someone with a good heart and an extra 11.3 seconds to spare stopped. Problem solved. Now we would only be 8.6 minutes late. Praise God.

Have you ever been tempted to exaggerate the size of the problems you face and make mountains out of molehills?

A faint pain in the chest triggers fears of a heart attack. A delay in receiving a cheque induces anxiety about impending bankruptcy. One complaint that someone filed against you makes you wonder whether you'll lose your job. Get the picture?

Satan is a master at making our problems

appear much bigger than they really are. Over the years I have heard many Christians say that the enemy is a lion who is waiting to devour us.

Yet, here is the actual quote: "Your enemy the devil prowls around like a roaring lion, looking for someone to devour." (1 Peter 5:8)

Like a roaring lion. Not a real lion. He is a mouth that roars like a lion. His roar is worse than his gore. He wants you to be fearful and anxious, even when there is no need for it.

Jesus was never intimidated by a demon-possessed person. Whether they were foaming at the mouth, cutting

themselves with stones, gnashing their teeth or convulsing, his response was always the same:

"Come out!" Exit demon. Every time. Not exactly leonine behaviour.

When their boat was rocked by a raging storm and the disciples turned into screaming scare-cats, Jesus does not give in to their fear. He commands: "Peace, be still." And the monstrous wave morphs into a purring pussycat.

Dear friend, beware of the enemy's fear-inducing, anxiety-arousing tactics. Call his bluff. And you, too, will discover as Sulojana and I have often, that there is less than meets the eye.

Less than meets the eye

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LOCAL NEWS

■ **REAL ESTATE:** Wainfleet Easter Seals land bought for \$1.975 million

NPCA buys part of former camp

InPort News Staff

A portion of the former Lakewood Beach Easter Seals camp in Wainfleet has been purchased by Niagara Peninsula Conservation Authority.

NPCA announced last week that it had purchased the six-hectare lakefront property for \$1.975 million, which it said is "well below" the appraisal price.

"We're thrilled to have taken charge of this significant opportunity to acquire and conserve through public ownership one of the last remaining sandy beaches along the Lake Erie shoreline," the conservation authority's chief administrative officer, Tony D'Amario, said in a news release.

The purchase of the land west of Burnaby Rd. complements a 1.3-hectare water-front site NPCA purchased from Niagara Region for \$1.35 million in 2010.

Lakewood Beach Properties sold the NPCA the six-hectare plot of land — a portion of the 21.6 hectares it purchased in 2006 from the Ontario Society for Crip-

pled Children for \$3.125 million.

NPCA had initially tried to purchase all the property in 2006 for \$2.5 million.

Earlier this month in supporting the conservation authority, the Township of Wainfleet waived Lakewood Properties' requirement that 5% of its property be dedicated to parkland when it builds its planned condominiums.

NPCA, in its news release, said it will engage the public in developing a master plan to determine the public use of its new land — its lakefront spans 155.7 metres — and ways to conserve the natural habitat of the Fowler's toad, an endangered species on the property.

D'Amario said Friday that the conservation authority's new property could provide visitors information about such things as the dunes and the Fowler's toad.

"I think there's multifaceted opportunities there," he said.



BOB HOULE/QMI AGENCY NAGARA

A sign on Lakewood Beach Properties Ltd. land on Lakeshore Rd. in Wainfleet describes plans for development at the former Easter Seals property.

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LOCAL NEWS

■ **BUSINESS:** Company purchases Cataract Rd. greenhouse

Rosa Flora snaps back after fire

MARYANNE FIRTH
InPort News Staff

After a devastating fire tore through its greenhouses, Rosa Flora Ltd. is ready to blossom again.

In an effort to recoup its production destroyed in the multi-million-dollar blaze on March 6, the Dunnville company recently finalized a deal to purchase Peter Bulk Greenhouses, an 8,361-square-metre snapdragon operation on Cataract Rd. on the outskirts of Welland.

Rosa Flora's snapdragons were significantly impacted by the fire and the new acquisition will only return the company to 20% of its original production, said co-owner Josh Bulk.

But plans, he said, are underway to rebuild the Dunnville facil-

ity and hopes are to have production back to 70%, equaling close to three hectares, by the end of June.

Cleanup is underway at the site of the fire and infrastructure that was spared is now being used to get snapdragons growing again on Diltz Rd.

The acquisition, for which an amount has not been disclosed, will allow Rosa Flora to begin shipping out the colourful flowers as soon as Monday, Bulk said. The Welland operation is also growing viburnum, peonies and lilies in smaller quantities.

Rosa Flora has worked in partnership with Peter Bulk in the past.

Peter, who is intending to retire, is the cousin of Rosa Flora founder Otto Bulk, Josh Bulk said.

The four employees who work at the Cataract Rd. greenhouse will be retained under the new agreement.

Bulk said Rosa Flora, the largest gerbera grower in North America, would love to get back to its pre-fire size, but only time will tell how quickly that will happen.

The cause of the fire, which is under investigation by the Office of the Fire Marshal, is still undetermined, Bulk said.

"We would love to know exactly what do to do prevent it from happening again," he said.

In rebuilding the new facility, "we'll definitely be making some changes," he said, although details have not yet been finalized.

maryanne.firth@summedia.ca
Twitter: @mirthinthe



ELMA REGIMIER/SUPPLIED PHOTO

Rosa Flora co-owner Josh Bulk stands among rows of snapdragons. The Dunnville company, recovering from a multimillion-dollar fire, recently acquired Peter Bulk Greenhouses on the outskirts of Welland to assist with its lost snapdragon production.

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LOCAL NEWS

COST OF LIVING: Allen wants cap on ATM revenues

Bank fees 'outrageous,' MP charges

ALLEN BENNER
InPort News Staff

While small business owners are struggling with rising banking fees, consumers are coping with ever-increasing costs.

As many as 50 area residents and business representatives shared their opinions on the costs they face with Sudbury MP Glenn Thibeault recently, the New Democratic Party's

small business and tourism critic, as well as the critic for consumer protection.

He visited the Welland riding with MP Malcolm Allen last week, part of a cross-country tour Thibeault is involved in to determine the challenges communities face throughout Canada.

Allen said every time a consumer swipes their Interac card to purchase an

item, the retailer is charged a fee.

"It can go as high as 6%," he said, and that's charged on the entire purchase including the taxes and even tips if people swipe their cards at restaurants.

"They take a percentage of all of it, which is actually I think outrageous, to be truthful," he said. And premium cards—debit cards that offer free movies and

other incentives—cost the retailers more.

"Retailers have no idea at the end of the month how much they're going to have to pay because they have no idea how many premium cards went through their system," he said.

Although some retailers have stopped accepting bank cards as a result, that can drive away customers. Meanwhile, Allen said,

consumers are facing "a myriad of fees" that people are now being charged to withdraw their money from automated teller machines.

He said bank ATM charges should be capped at 50 cents per transaction.

Although Allen said Canadian banks will not divulge the cost of ATMs, U.S. banks spend 36 cents per transaction.

"In fees alone last year, the banks made \$4.2 billion charging us ATM fees and fees on our credit cards," he said, adding it doesn't include interest payments made to banks.

In other parts of the world, he said, charges for using bank machines are comparatively minimal.

allen.benner@summedia.ca
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St. Catharines - Day Program Lifetime Learning Centre 535 Lake Street - Room 104	Wednesday, April 9, or Wednesday, May 7 1:00 p.m.
Niagara Falls - Evening/Wknd Oakwood Park Lodge 6747 Oakwood Drive - Garden Room	Saturday, April 12, or Saturday, May 10 10:00 a.m.

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Announcement

Heather Price, RIBO

Sandy White, Branch Manager of Whites' Insurance Brokers together with Mark Sherk, President of The Verge Insurance Group are pleased to announce that Heather Price has moved into a Personal Lines Sales role with Whites' Insurance Brokers. Heather has been working in the insurance industry for over 10 years. In her previous role with Whites' she managed customers' insurance portfolios. Heather resides in Port Colborne and has strong roots in the community. She is looking forward to putting her insurance experience and knowledge of the area to work in creating customized insurance portfolios. Heather is located in the Whites' Insurance Brokers office at 45 Clarence Street West in Port Colborne. For Insurance Advice you can count on contact Heather Price today!

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LOCAL NEWS

■ **PUPPY CAM:** More than 20,000 international viewers tuned in

Adoption requests flood in for puppies

MARYANNE FIRTH
InPort News Staff

These dogs certainly had their day — or two.

The 10 rescued pups at Welland and District Humane Society drew international attention while starring in *The Tribune's* live stream last Thursday and Friday.

More than 20,000 people — some tuning in from as far away as Norway, Australia, India and Mexico — racked up 4,200 viewer hours watching the six-week-old furballs go about their day.

"I think productivity may have gone down at a few businesses the last few days," humane society execu-

tive director John Greer said with a laugh.

As news spread about the lab and border collie crosses, who were rescued right after birth alongside their mother, interest continued to grow in finding them suitable homes.

Though adoption applications won't be accepted until next week, the shelter was flooded with calls and e-mails the past two days from people hoping to expand their furry families.

"The amount of e-mails we've received has quadrupled," Greer said, and the phone "has been ringing nonstop."

"People have been calling from all over, from as far as Woodstock, Guelph, to

adopt."

Visitors also stopped by the shelter hoping to catch a glimpse of the tiny web stars — some even unsuccessfully bringing sweet treats for staff with hopes rules could be swayed and early adoption arranged.

Information was gathered from all those inquiring and the application process began this week.

"We'll find what we consider the best possible match," Greer said.

"It's first come, first served, most appropriate."

Greer encouraged those who aren't selected for a pup to instead look at the shelter's other dogs.

"We have plenty of other animals that would make



MARYANNE FIRTH / STAFF PHOTO

Thousands of people were glued to their computer screens Thursday and Friday watching *The Tribune's* Puppy Cam Niagara. For two days, the actions of 10 puppies were live streamed from Welland and District Humane Society.

great pets as well," he said.

Not only did hundreds of people inquire about the pups, several have also shown interest in either

fostering or adopting the mother, Sarah. As she has tested heartworm positive, she's expected to be fostered until her treatment is

complete.

maryanne.firth@sunmedia.ca

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IMPORT DATEBOOK

MARCH 27
CLASSIC BOOK CLUB

at Wainfleet Township Public Library, 2 p.m. to 3 p.m. This month's selection is *My Antonia* by Willa Cather. Call 905-899-1277 to register as a book

club member.

FIRST AID/CPR/AED

course this day and March 28, 9 a.m. to 4:15 p.m., at 3 East Main St., Welland. Call 905-788-3751 or e-mail reception@employment-solutions.org to reserve your spot.

MARCH 28
TRIVIA NIGHT

in Support of the 6th Girl Guide International travel group, at the Fonthill legion hall, 141 Hwy. 20 E. Doors open at 7 p.m., trivia starts at 7:30 p.m. Tickets are \$20 and include pizza and door prizes. Call 905-246-9184 for tickets.

MARCH 31
EVENING BOOK CLUB

at Wainfleet Township Public Library, 6:30 p.m. This month's selection is *Vanishing Acts* by Jodi Picoult. Call

905-899-1277 to register as a book club member.

APRIL 1
VETERANS AFFAIRS

visits Royal Canadian Legion Branch 4 on Morningstar Ave., Welland, starting at 9 a.m. First come, first served.

COMPUTER GENEALOGY

Introductory lesson at Port Colborne Public Library, 1:30 p.m. to 2:30 p.m. Cost \$5. Contact Barb Ranshaw at 905-834-1453 or at sunpower@cogeco.ca to register.

Continued on next page

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IMPORT DATEBOOK

From previous page

APRIL 2

NSNAP

Niagara Spay Neuter Assistance Program is holding a spring Easier sale and fundraiser, April 2 to 6 in front of the Fairview Mall Zehrs. New and nearly new gift items, housewares, clothing, jewelry, baking and more. All funds go to spay/neuter in Niagara. Donations, cat food and volunteers gratefully accepted. Contact 289-897-8514 or see www.niagaraspayneuterassistance.org.

APRIL 3

SOUP FEST

to benefit Port Cares, with support from Niagara College, Lakeshore Catholic High School and Port Colborne Home School, runs 11:30 a.m. to 1:30 p.m. at the Italian Canadian Cultural Centre, 223 Bell St. Taste a variety of soups, breads and desserts. Enjoy the sounds

of high school jazz bands and try your luck at a number of door prizes. Tickets are \$15 each available at Port Cares or Boggio's Pharmacy, as well as at the door. Call Gloria at 905-834-3629 ext. 223 for more information.

KIDS YOGA

with Nadia Esposito. Start of a 10-week session at Port Colborne Public Library, ending June 5. Cost is \$45 for entire session or \$5 to drop-in. For ages six to 12. To sign up call 905-329-9841 or e-mail nadiaesposito@hotmail.com.

APRIL 4

NAME THAT TUNE

Music trivia night at TrinityLife Church auditorium, 5348 Sheraton Rd., at 7 p.m. Doors open at 6:15 p.m. Cost: \$100 for a table of eight or \$12.50 a person; snacks, drinks and all prizes included. Music from All Eras. For more details call Sherry at 905-788-6055.

APRIL 6

FOOD FARE

and sausage, both with tea or coffee. For advance orders call Nancy at 905-835-8097, Paula at 905-894-9717 or Jessie at 905-834-9772.

SPAGHETTI AND MEATBALL

fundraising dinner for Our Lady of the Holy Rosary Shrine, on Miller Rd., Port Colborne,

will be held at Sacre Coeur Parish Hall, 72 Empire St. Welland, from 4:30 p.m. to 7 p.m. Tickets are \$10 for adults and \$5 for children 10 and under. Takeout orders will be filled after 5 p.m.

Continued on next page

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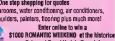
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April 15, 12, 19, June 26,
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by Philip Barry

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July 6 - 2pm

May 28, 30, July 2, 3 - 8pm



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June 14, 15 - 2pm

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INPORT DATEBOOK

From previous page

APRIL 10

PROSTATE CANCER

awareness forum addresses the complications of treatment. Starts 7 p.m. at St. Catharines hospital, with guest speaker Dr. T. Davies of McMaster. Free, including parking at Lot A. For information call 905-378-4647 Ext. 32083.

PHILOSOPHER'S CAFÉ

at Wainfleet Township Public Library at 6:30 p.m. Drop by for a lively discussion. This month's topic is "The Universe Story." All welcome.

APRIL 11

TRIVIA NIGHT

to raise funds for the Wainfleet cenotaph project. The event will be at the Hwy. 20 legion hall in Fonthill. Teams of eight per table; cost is \$20 a person. Doors open at 6:30 p.m., game begins at 7:30 p.m. To register, call 905-714-9308 or 905-386-6978.

APRIL 13

BECAUSE YOU CARE

spring fashion show and luncheon in support of Walker Family Cancer Centre in St. Catharines will be held at Riverview Event Centre in Welland. featuring fashions and accessories showcased by 270° West, Casual Ladies Wear and Monica's of Welland, fine quality intimate apparel and mactextory fitting. Doors open at 12:30 p.m. and the day will also include lunch, entertainment by the Mantini Sisters, raffle prizes, door prizes and a

special gift for all attendees. Tickets are \$40, available at Monica's of Welland, 86 West Main St., or 270° West, 224 West St., Port Colborne.

APRIL 17

RAINBOW LOOM

at Wainfleet Township Public Library at 6:30 p.m. Bring your looms and we will provide the bands. Let's make some rainbow loom bunnies for Easter. This is an intermediate-level looming project and you must call 905-899-1277 to register by April 11.

APRIL 24

CLASSIC BOOK CLUB

at Wainfleet Township Public Library, 2 p.m. to 3 p.m. Join us for afternoon tea. This month's selection is *Vanessa*, by Sir William Scott. Call 905-899-1277 to register as a book club member.

APRIL 28

EVENING BOOK CLUB

at Wainfleet Township Public Library, 6:30 p.m. This month's selection is *For One More Day*, by Mitch Albom. Call 905-899-1277 to register as a book club member.

MAY 2

DESSERT FASHION SHOW

The First Presbyterian Church Women in Port Colborne are hosting a dessert fashion show by ALIA n Tanjan from the Lundy's Lane Outlet Mall in Niagara Falls at 7 p.m. Admission \$7. Refreshments and door prizes. Call 905-834-7977 for tickets.

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LOCAL NEWS

■ **AUTISM:** New program running at Community Living

Replacing intimidation with optimism

ALLAN BENNER
InPort News Staff

Adam Roy was facing an uncertain future.

Like many of his peers, the 18-year-old Lakeshore Catholic High School graduate had no idea what he wanted to do with his life.

"It's kind of like almost intimidating," he said. "It's like you're almost forced to decide where you want to go and what you want to do. For someone at such a

young age, at least from my point of view, I feel that it's a lot of pressure."

For Roy, the pressure he faced was exacerbated by the autism he's lived with throughout his life.

But now, he's far more optimistic about his future than he had been.

He recently learned he was accepted into Brock university and hopes to one day become an accountant.

Roy is participating in the My

Life As An Epic Win program — one of 12 new programs for youth being offered at Port Colborne Wainfleet Community Living, funded through an \$8,871 grant from the Niagara Community Foundation.

Rebecca Ward, an assistant professor at Brock university who is running the My Life As An Epic Win program, said it helps the four participants with autism develop a "vision for their future."

"It's around their education

beyond high school, what they want for a career, we're looking at their independence, and their relationships," Ward said. "When they come out of it at the end, they are each going to have made a short video about their life."

Although it's a program that could help any young person, Brennan said it's designed for people with autism who can be more severely affected by the feelings of uncertainty.

"They are people who don't have a lot of social skills, they have a lot of trouble planning in any areas of life, and problem solving is a huge challenge for most of them," she said. "For these young people who have that extra challenge because of their social and cognitive challenges, it really is helping them become confident about themselves and passionate about their future."

Often, she said people with autism develop mental health problems like anxiety and depression in later life, and "this is a program that's considered pre-

ventative." It helps young people "transition into adulthood so they don't experience the same failure that they might without the support."

By working with other organizations, Community Living's youth programs coordinator Rita Smith was able to use the Niagara Community Foundation grant to bring a dozen new programs to the McRae Ave. facility.

"We try to access existing programs," she said.

For instance, instead of offering cooking classes on its own, Smith said they teamed up with Bridges Community Health Centre to access a cooking class it was offering.

"We also want the kids to learn that there's stuff out there, you just have to look for it and how to look for it. We don't want to create everything, we want them to access what's there already," she said.

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ALLAN BENNER / STAFF PHOTO

Adam Roy, Daniel Crandall and Andrew Nugteren are participating in the My Life As An Epic Win program, being offered at Community Living's McRae Ave. facility.



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LOCAL NEWS

■ **HEALTH:** Bridges offering spring programs

Learn to laugh, sleep better and quit smoking

MELISSA MANGELSEN
InPort News Staff

A long winter can take a toll on overall wellness.

With that in mind, Bridges Community Health Centre will be offering a boost with its spring health and wellness programs that focus on laughter, mindfulness and chronic disease management.

On April 9, from 6 p.m. to 8 p.m., a workshop called Laughter and Light-heartedness as Medicine will look at the importance of those subjects as a life skill.

On April 15, from 1:30 p.m. to 3 p.m., registration and orientation will be held for a program on a mindfulness-based approach to coping. This program is a benefit to anyone who is living with chronic pain, anxiety or depression. The full eight-week program will begin April 22, running 1:30 p.m. to 4 p.m.

The Sleep for Health workshop on April 30, from 6 p.m. to 8 p.m., will focus

on the value of sleep in a person's overall health and well-being. Topics to be covered include how sleep affects weight management and mental health, as well as tips and habits for getting better sleep.

The final program is May 7 and 14, from 3:30 p.m. to 5 p.m. The two-week quit smoking program provides tools and strategies to support your quit attempt, as well as a five-week supply of nicotine replacement products for eligible participants. All the programs will be held at Bridges in Port Colborne, are no-cost and open to all residents of Port Colborne and Wainfleet.

Space is limited. To register call 289-479-5017 ext. 2421 or stop by the reception desk at 177 King St.

For listings of all available programs and workshops at Bridges, visit www.bridgeschc.ca.

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■ **MUSIC FEST:** Event expands to two days, adds shows at Montebello Park

SCENE Fest goes big time

JOHN LAW
QMI Agency Niagara

St. Catharines' SCENE Music Festival is going through a growth spurt for its 19th year.

One of southern Ontario's most renowned and respected music events is expanding into a two-day festival June 28 and 29, with several headline acts to play Montebello Park.

It's the evolved version of SCENE,* says festival co-ordinator Pat Murphy.

Montebello Park will replace Market Square as the main stage area, increasing capacity from 5,000 people to about 10,000. With the bigger space comes bigger performers — Marianas Trench, Matthew Good, The Sheepdogs, Monster Truck, The Arkells and Lights.

Murphy says he has discussed expanding the festival for the past few years with SCENE co-producers Jennifer Anderson and Steve Stumble. Last year's headliners Tokyo Police Club packed Market Square, and after Murphy watched local favourites City and Colour play to 20,000 people at Butler's Barracks in Niagara-on-the-Lake last

summer, he knew it was time to expand.

"It was a bit of a catalyst," he says. "To see that many people in Niagara for live music, it was very cool."

But Murphy is aware the change could rankle longtime SCENE fans.

The festival began in 1996 as the St. Catharines Event for New Music Entertainment. About 800 people saw a handful of bands in three downtown venues — it would soon expand into one of Canada's biggest one-day music fests. In recent years, it has averaged about 140 bands, ten venues and 6,000 people converging on downtown St. Catharines.

SCENE played a crucial role in helping bands like Billy Talent, Alexisonfire and Bedouin Soundclash get discovered.

Artists interested in performing for this year's SCENE can apply via Sonicbids (www.sonicbids.com) by May 2. Tickets go on sale March 29, ranging from \$39.50 for a single day pass to \$119.50 for a VIP two-day pass. www.ticketfly.com

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Member of the Month
Howie Reid



Staying fit has always been one of my priorities during my working career which started over 50 years ago. Now that I am retired and having recently celebrated my 70th birthday, I know that keeping fit is just as important in helping me to still perform sports and outdoor activities that I have enjoyed all of my life. Being a member of G&M Fitness has helped me maintain my fitness and overall health. Gino, Matt and staff are very knowledgeable and approachable. They are willing to help anyone no matter what their level of fitness is. I have made a lot of new friends here who have been happy to help with a new exercise or to discuss events of the day. Thanks Gino and Matt for operating the best fitness centre I have ever belonged to. - Howie Reid.

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■ RESCUE: Two fishermen safe after fall into recreational canal

'The ice folded on us,' lucky angler writes

ALLAN BENNER
iPort News Staff

Two men are lucky to be alive after plunging through the ice into the recreational canal near Hwy. 406 south of Merritt Rd. Saturday.

Niagara Emergency Medical Services superintendent Marianne Osan said paramedics responded to a 911 call reporting two people who were out on the canal fishing fell through the ice shortly after noon.

"We transported one adult male patient to a local hospital with non-life threatening injuries," Osan said.

When paramedics arrived, only one of the two adult men was still at the scene, she added. The other man was reported to have left the scene himself, driving away in a vehicle.

Osan said the pair are lucky to be alive, considering the icy water and 4°C temperatures.

"They're doing fine," she said.
St. Catharines resident Nate Moore, 26, later posted a comment on Facebook, saying he was one of the two men who fell through the ice.

An experienced ice fisher, Moore said the ice was 18 inches thick when they walked onto it at about 7 a.m. that day.

As they were leaving, walking along the

ice toward their vehicles, they noticed it appeared weaker ahead of them and headed for shore.

"We walked like 10 feet and the ice folded on us," Moore wrote.

He climbed to safety and grabbed a log to use to help his friend out of the water.

Moore said they ran back to their vehicles parked along the highway, planning to drive themselves to the hospital.

"I saw all emergency services, so I stopped to let them know we were OK and going to the hospital," he said, adding he didn't leave his friend behind.

"We came together, we were leaving together," he wrote.

Since all his fishing equipment is at the bottom of the recreational waterway now, Moore wrote he won't be doing any more ice fishing this year.

Although he said the ice was safe where they were fishing, it was "poor judgment to walk down on the ice farther to get off" he wrote.

"That being said, we are beyond grateful to be alive and well. We will be more careful next year."

Messages sent to Moore were not returned Sunday.

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THE REVEALING TRUTH – A QUICK LOOK AT COLON CANCER PREVENTION

It's an uncomfortable topic of discussion for some, but it is a very important one that needs to be addressed. The words colon cancer screening and colonoscopy may not generate the best reaction, however, the intention of this article is to allay your fears and reinforce the benefits of this screening procedure.

March is Colon Cancer Awareness Month and everyone could use a little update about the topic. Colon cancer is the second leading cause of cancer-related deaths in Canada for both men and women, but it is surprisingly treatable if detected early, hence the importance of the colorectal screening procedure. Beginning at 50 years of age for those at average risk of developing colorectal cancer, a simple at-home stool test – the Faecal Occult Blood Test (FOBT) – should be completed and repeated every two years. However, if you have a first-degree relative with colon cancer, your screening should begin about 10 years younger than the age at which they were diagnosed (for instance, if your close relative was 50 years old when diagnosed, you should begin screening when you turn 40) and it is advised that a colonoscopy be performed. At this point in time, colonoscopy is the gold standard for the detection of any abnormalities of the colon, such as polyps, that may eventually become cancerous if not appropriately treated or removed. It should be noted that most colonoscopies do not result in a diagnosis of cancer. The purpose of these screening procedures is to look for signs that could eventually progress to that and remove them before they pose a problem. It's all about prevention!

Many people have the idea that a colonoscopy is a painful experience. This should not be the case. The patient is most often well-sedated and unaware of the procedure unless they request to be awake. Likely, the most discomfort the patient will experience is during the day before the procedure, because they are required to consume an all-liquid diet and then take a laxative to clear out the bowel. One day of hunger and slight discomfort is surely worth having the procedure done properly!

There are some simple things that you can do to help reduce the chances of developing colon cancer. Eat a diet that is high in fibre and low in fat, try to avoid eating processed foods, stay active and maintain a healthy body weight. Talk to your doctor or pharmacist if you are unsure about what foods to eat or what a healthy weight is for you.

There are some signs and symptoms to be aware of that may indicate there is a problem in the colon. These include blood in the stool or black-coloured stool, long-narrow shaped stools, abdominal cramping, or unexplained weight loss. If you are currently experiencing any of these symptoms or you notice these changes, don't delay talking to your doctor. They will be able to get to the bottom of it!

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■ **EDUCATION:** Prom Project helps disadvantaged

Making graduating students pretty in pink

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It made last year's elementary

school grad a majestic one for Beth McCormick.

Dressed in dazzling, opal-coloured splendour, the Grade 8

Monsignor Clancy student was on Cloud 9.

That, thanks to Prom Project Niagara, where dresses and suits

are given free to students struggling to afford to outfit themselves for proms, graduations or formal events.

"I felt really pretty in that dress, and just loved having it on," said the Thorold resident.

"It was great they would offer something like that," she said. "I'd previously (shopped) for dresses and all were over \$100," she said, adding that's a price range she couldn't afford.

Beth's mother Mary McCormick was wowed by the Education Foundation of Niagara program, now expanding its reach across the region for students.

"We were over the moon with their offerings, the real kindness, the care," said Beth's mother Mary McCormick. "There was no judgment, or any feeling this is a poverty thing."

Meanwhile, the foundation is readying for its annual Prom Project Niagara event on May 10, where the formal items will be distributed at five locations, with no registration needed.

While the foundation is a non-profit that works with the District School Board of Niagara, the prom initiative is open to all graduating students in the region.

Since 2009, items were distributed at Thorold Secondary School, with a small site added in Beamsville last year.

The May 10 event from 9:30 a.m. to 1:30 p.m. is presented by PenFinancial Credit Union. This year, it will include high school sites at Thorold, Beamsville District, Centennial in Welland, Fort Erie and Niagara Falls' A.N. Myer.

"We want everyone to come who is in need," said Dara Goulet, the foundation executive director. "Last year, we had about 200 kids on the one Prom Project day."

Goulet said the latest expansion seeks to help those who might otherwise find it a challenge to make it to Thorold, to pick up the grad clothing and accessories.

The program also seeks gently-used and new items. "We're not asking for money, go through your closets for things you see you don't want to wear anymore," Goulet said.

"We take jewelry, shoes and ties, and have a huge need for guys' formal clothing... and updated ties," she said.

"And we happily accept new donations from stores as well."

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JULIE JOSSAN/STAFF PHOTO
Jaclyn Tanguay, left, interim event co-ordinator, Mary McCormick, mother of Beth McCormick, and Dara Goulet, interim executive director of the Education Foundation of Niagara, with some of the prom dresses that are available for students who cannot afford to purchase an outfit for the event.

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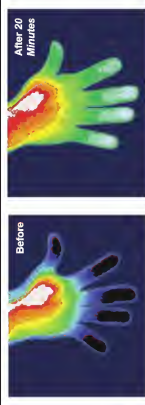


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